

# TMP News

Autumn 2016

## Why choose us?

Our Patients are our priority. We are proud to provide a high level comprehensive service to our Patients. From reception staff to the practice manager; from the practice nurses to the doctors; there is an entire team of people working together to ensure you get the best quality health care. We always stay informed about current quality health care and your records are checked and maintained by the appropriate clinical team members.

## Continuous Improvement

At TMP we continually look at ways to improve our Practice, however we also value all feedback and would love to hear from you.

Please speak to your Doctor or our Practice Manager and we will do our best to help you. Alternatively, you can send an email to [admin@thirroulmedical.com.au](mailto:admin@thirroulmedical.com.au)

We also value positive feedback so if you think we are doing a great job, please feel free to let us know.

## Opening Hours

Mon – Tues	7.30am – 7.20pm
Wed	8.00am – 7.15pm
Thurs	8.00am – 6.30pm
Fri	7.30am – 5.30pm
Sat	9.00am – 11.30am

*Phones will be answered  
from 8am daily*

## Have you planned ahead?

An **Enduring Guardianship, Advanced Care Plan, Power of Attorney and Will** help you provide for your future legal, health and financial decisions.

### Who needs to plan ahead?

Anyone over the age of 18 should consider planning ahead.

### Appoint an Enduring Guardian

An Enduring Guardian can make health and lifestyle choices for you if you lose the ability to make decisions for yourself at some time in the future. It is important to have both an Enduring Guardian and an Enduring Power of Attorney because your attorney cannot make decisions about:

- accommodation
- health care
- medical/dental consent
- services e.g. meals on wheels

An Enduring Guardian should understand your values and wishes and have the skills to make good decisions for you.

### Discuss Advance Care Planning

Advance Care Planning is a process that helps you to plan for future medical care. This process involves thinking about your values, beliefs and your wishes in relation to the type of medical and health care you would like to have if you cannot make your own decisions. An important part of the planning process is to discuss your wishes with people who are close to you, as well as **talking to your doctor**.

### Make an Enduring Power of Attorney

An Enduring Power of Attorney is a legal document appointing a person or trustee organisation of your choice to manage your financial and legal affairs. This person or trustee organisation or your choice to manage your financial and legal affairs. This person or organisation is then known as your attorney. If you're no longer able to manage your financial affairs and you don't have an Enduring Power of Attorney then an application to a court or tribunal may be required to appoint a financial manager of your affairs.

### Prepare a Will

A Will is a legal document that sets out who you want to receive your assets when you die. Even if you think you don't have much it is still recommended that you make a Will.

[www.planningaheadtools.com.au](http://www.planningaheadtools.com.au) or 1300 887 529

# Vaccination

## Flu Vaccinations

The Flu Season is fast approaching!! We will be running Flu Vaccination clinics again this year. When the Public Health Unit release the vaccine, we will schedule the clinics and advertise them on Facebook and the TV in the waiting room, Reception will also have details. This is likely to be early April.....Stay tuned!



## Pneumococcal Vaccinations

### Pneumococcal Pneumonia – Why take the chance?

Pneumonia, due to pneumococcal infection, can be a serious disease, especially for those people with underlying medical conditions and people 65 years and over.

Know your risk factors and the ways to help protect yourself. For further information talk to your doctor.

## Catch Up Vaccines



Only parents of children (less than 20 years of age) who are fully immunised or are on a recognised catch-up schedule can receive the Child Care Benefit, the Child Care Rebate and the Family Tax Benefit Part A end of year supplement.

We keep a supply of these catch up vaccines. Please speak to your Doctor or one of our accredited nurse immunisers today.

## Year 7 School Vaccination Program

It is best to have your Year 7 child vaccinated through the school vaccination program as the government ensures there is enough vaccine for all year 7 children. General Medical Practices are restricted as to the amount of vaccines they can order. If you believe your child cannot have their vaccination at school due to extenuating circumstances, please contact the Practice on 4268 1111

What's new?

## Whooping Cough Booster at 18 months

A free booster has been added to the National Immunisation Program for children aged 18 months to help prevent whooping cough (pertussis).

Whooping cough is a very serious illness in small children. Immunisation of children is the most important way to prevent the spread of whooping cough.

Talk to your Doctor or one of our accredited nurse immuniser today.

Save time, book **ONLINE**



## Doctor Availability

Here is a guide to the availability of our Doctors. This is subject to change, please confirm with reception when making your appointment. All of our Doctors offer high quality medical care in our modern purpose built surgery. For more information, please visit our website.

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM #
Assc Prof Ellacott	✓	✓	✓	✓		✓			✓	✓	
Dr Vickers	✓	✓	✓	✓	✓		✓	✓	✓	✓	
Dr French	✓	✓	✓				✓	✓	✓	✓	
Dr Momsen	✓	✓			✓	✓			✓	✓	
Dr Williams	✓	✓					✓	✓			
Dr McDevitt	✓	✓	✓	✓	✓	✓	✓	✓	✓		
Dr Brown			✓			✓	✓			✓	
Dr Hashemi			✓	✓	✓		✓				
Dr Wang			✓	✓			✓	✓			

# Saturday coverage is rotational. Reception can confirm Doctor on Duty

## Teaching & Learning

TMP is a Teaching Practice involving students from the University of Wollongong and Registrars. A General Practice Registrar is a fully qualified medical doctor who has chosen to specialise in General Practice. Thank you to our patients who support and value our teaching - it allows our doctors to share their knowledge and skills. An added benefit is attracting younger General Practitioners to the area.

## Contraception Alternatives

If you are interested in contraception alternatives such as Mirena or Implanon, please make an appointment to discuss these options with your Doctor.

## After Hours

After hours services are provided by Radio Doctor Illawarra, which is a cooperative run by local Illawarra GPs. All visits are bulk billed. For the after-hours medical service, please ring 4228 55232. In an emergency call 000.

## Baked Salmon

750g chat potatoes	olive oil cooking spray
8 slices white bread, crusts removed	1/3 cup basil leaves
1/3 cup grated parmesan cheese	1 1/2 tablespoons olive oil
4 salmon steaks, skin on, bones removed	

### Method

1. Pre-heat oven to 200°C. Lightly grease an oven tray. Grease a 6cm deep, 20cm x 28cm (base) baking dish with oil.
2. Place potatoes in a saucepan and cover with cold water. Bring to the boil over high heat. Cook for 10 minutes or until potatoes are tender. Drain. Place on prepared tray. Using a potato masher, partially squash potatoes. Spray with oil.
3. Meanwhile, place bread in a food processor and process until roughly chopped. Add basil and parmesan. Process to a fine breadcrumb mixture. With motor still running, add oil and process until combined.
4. Place salmon, skin side down, in prepared dish. Sprinkle crumb mixture over top.
5. Place potatoes in oven on top shelf and fish on the shelf below. Bake for 25 to 30 minutes (depending on thickness of fish) or until potatoes are golden and fish is cooked through. Serve with salad.



## In Home Assessments for Over 75's – promoting healthy, independent living in your own home.

A health assessment of an older person is an in-depth assessment of a patient aged 75 years and over. It provides a structured way of identifying health issues and conditions that are potentially preventable or adaptable in order to improve health and/or quality of life.



The purpose of this health assessment is to help identify any risk factors exhibited by an elderly patient that may require further health management. In addition to assessing a person's health status, a health assessment is used to identify a broad range of factors that influence a person's physical, psychological and social functioning.

This Government initiative is fully bulk billed.

If you are over 75, our Practice Nurses (Sophia or Lisa) will contact you to make an appointment for your health assessment. If you would like to book your assessment now, please speak with your Doctor to arrange a time.



Sophia



Lisa

### Private Billing

At our Practice the **quality** care that you receive is a product of the dedication and expertise of our staff and a modern, well-equipped facility. We **value** the service our doctors and nurses provide and know that you will too. Although Medicare does give our doctors the option of bulk-billing for their services, the amount the government pays per service has changed very little over the last 10 years and, in fact, some rebates have been cut, making it very difficult to sustain a **quality practice** on bulk-bill fees alone. For this reason, we are a Private Billing practice although there are many services offered by our GP's and nurses which are bulk-billed.

### Follow Up Consultations

If the Doctor requests you to have a follow up appointment please be aware that this will not always be Bulk Billed. Each of our Doctors advise the reception staff of the appropriate billing at the end of each consultation. If you have any financial issues please discuss this with your Doctor during your consultation.

### Referred Services

Your Doctor may refer you to a service as part of your treatment. These referred services may include; Pathology, X-Ray, Ultrasound, Specialists and Surgeons, Dieticians, Physiotherapist, Dentist, Diabetic Educator, Podiatrist, Optometrist and others.

If you would like to know the cost of the services you have been referred to please contact the Referred Provider using the details shown on the referral form. If you would like assistance with this please ask our reception staff.

### Results

Please call the Practice during normal business hours (Mon to Fri, 9am to 5pm) to obtain results of tests (pathology, x-ray, scans) that your Doctor has ordered.

### Prescriptions and Letters

In selected cases repeat prescriptions and referrals can be written without a consultation for patients who have had a consultation with their Doctor within a 3 month period. Please allow 72 hours for collection. There is a \$5.00 fee for such requests.

### Home Visits

Home Visits are available to regular patients on occasions that the patient may not be able to attend the surgery due to illness or injury. If you require a home visit please contact the practice to arrange a time. We visit patients from Clifton to Woonona.

### Policies

If you would like further information on our Billing Policy, Privacy Policy, accessing your results or our policy on complaints, please ask our reception staff for a copy. These can also be found on our website.

**Disabled Parking available onsite**